



## For More Information about Youth Suicide

### NATIONAL RESOURCES

#### Surgeon General Reports:

[www.surgeongeneral.gov](http://www.surgeongeneral.gov)

- The Surgeon General's Call to Action to Prevent Suicide (1999)
- Report of the Surgeon General's Conference on Children's Mental Health: A National Action Agenda (January 3, 2001)
- Youth Violence: A Report of the Surgeon General (January 2001)
- Mental Health: Culture, Race, and Ethnicity: A Supplement to Mental Health: A Report of the Surgeon General (2001)
- National Strategy for Suicide Prevention: Goals and Objectives for Action (2001)
- **American Association of Suicidology**  
4201 Connecticut Ave., NW, Suite 310,  
Washington, DC 20008  
202-237-2280  
[www.suicidology.org](http://www.suicidology.org)
- **American Academy of Child and Adolescent Psychiatry**  
[www.aacap.org](http://www.aacap.org)

### CONNECTICUT RESOURCES

State of CT Department of Public Health  
Injury Prevention Program  
860-509-7805

#### CT Clearinghouse

1-800-232-4424 or 860-792-8791  
[www.ctclearinghouse.org](http://www.ctclearinghouse.org)

#### Mental Health Association of CT

800-842-1501  
[www.mhact.org](http://www.mhact.org)

#### CT Committee for Youth Suicide Prevention

[Casework.Susan@ctunitedway.org](mailto:Casework.Susan@ctunitedway.org)

#### CT Youth Suicide Advisory Board

<http://www.state.ct.us/dcf>



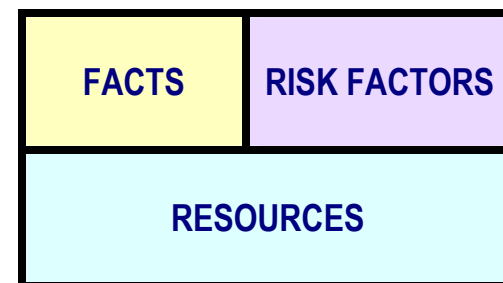
### REFERENCES

U.S. Public Health Service Mental Health:  
National Strategy to Prevent Suicide: Goals  
and Objectives for Action.

NCHS National Vital Statistics System for  
numbers of deaths, U.S. Bureau of Census  
for population estimates. Statistics compiled  
using WISQARS™, produced by the Office  
of Statistics and Programming, NCIPC,  
CDC.

Injury Fact Book 2001-2002, National Center  
for Injury Prevention and Control.

# YOUTH SUICIDE PREVENTION



CONNECTICUT  
COMMUNITY  
KIDCARE



CONNECTICUT  
YOUTH SUICIDE  
ADVISORY BOARD

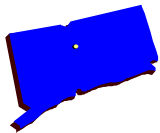
## Connecticut Youth Suicide Advisory Board

In 1989, the Connecticut Youth Suicide Advisory Board was established within the Department of Children and Families. The charge of the board is to increase public awareness of the existence of youth suicide, to promote means of prevention and to make recommendations to the Commissioner regarding the prevention of youth suicide.

### The Problem

For young people 10-24 years old, suicide is the third leading cause of death, behind unintentional injury and homicide (NCIPC, Injury Fact Book).

In 1998, more teenagers and young adults died from suicide than from cancer, heart disease, AIDS, birth defects, stroke, and chronic lung disease combined. (Surgeon General, National Strategy for Suicide Prevention, 2001)



In 2001, suicide was also the third leading cause of death for Connecticut youth ages 10-24 (Chief Medical Examiner's Office).



### Risk Factors

Risk factors are stressful events, situations and/or conditions that are associated with greater potential for suicide and suicidal behavior. (Surgeon General) These include:

- Alcohol/substance abuse
- Mental health issues, particularly mood disorders such as depression and bipolar disorder
- Traumatic event or loss – death or suicide of a loved one
- Hopelessness
- Impulsive and/or aggressive tendencies
- Significant disappointment, humiliation or loss of status (e.g., break-up, or arrest)
- Past Suicide Attempts
- Easy access to lethal methods, especially guns



### Important Numbers

- 211 (Infoline: Suicide/crisis, information and referral line)
- 1-800-SUICIDE (1-800-784-2433)
- 911



### Resources That Can Help

- Family Member/Friend
- Religious Leader
- Teacher/Guidance Counselor
- 211 Infoline (Suicide/crisis, information and referral line)
- Employee Assistance Program
- Current Clinician and/or Psychiatrist
- Emergency Mobile Psychiatric Services (Child or Adult Mobile Crisis)
- Emergency Room



### What Can You Do About Youth Suicide?

- Reproduce and distribute this brochure
- Ask the local paper to write on some aspect of youth suicide prevention
- Utilize the visual arts to emphasize suicide prevention, i.e., art/poster contest etc. . .
- Check with other local youth service bureaus, libraries, schools etc. for information on local initiatives regarding youth suicide
- Include information about suicide prevention in your agency communiqués